

Women's Intermediate running group

Come and join us on our 7 week intermediate running programme, designed to help you train in a fun way! We will be preparing for the 5 mile multi-terrain run as part of the Nationwide Swindon Half Marathon and Fun Runs on Sunday 12th October

Time: 6.30-7.30PM

Venue: The Lifestyle Centre,
County Ground, Swindon

Day: Thursday

Price: £3 per session

Starting: 28th August 2008



For further details and to register your place on the course please contact Dominique Oughton
email: dominiqueoughton@yahoo.co.uk
call: **07917030946**

Please note it is recommended that you can already run for a minimum of 20 minutes without stopping, at your comfortable pace.

